

Wednesday, March 1, 2023

Adult Shiny (18+)

Date and Time: Wednesday, March 1 6:40 am - 8:00 am

Address: BWG Leisure Centre

Yoga (13+)

Date and Time: Wednesday, March 1 9:00 am - 10:00 am

Address: 471 West Park Ave

Restore balance to the body. This class incorporates breathing, postures and relaxation techniques. All levels welcome.

Relax Swim - All Ages

Date and Time: Wednesday, March 1 9:15 am - 10:00 am

Address: BWG Leisure Center

Leisure & Relax pools only. No water slide or lap pool.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Parent & Tot Gym (0-5 years)

Date and Time: Wednesday, March 1 9:30 am - 11:00 am

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Child (0-12) - \$3.50

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Zumba (13+)

Date and Time: Wednesday, March 1 10:15 am - 11:00 am

Address: BWG Leisure Centre

Ditch the workout...Join the Party! Dance to Latin inspired music, with great people, and burn a ton of calories while having a blast!

Adult Badminton (16+)

Date and Time: Wednesday, March 1 11:30 am - 1:30 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Adult Pickleball (18+)**

Date and Time: Wednesday, March 1 12:00 pm - 1:30 pm

Address: BWG Leisure Centre

This program will utilize half the Gymnasium. Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Bootcamp (13+)

Date and Time: Wednesday, March 1 12:15 pm - 12:45 pm

Address: BWG Leisure Centre

This is the perfect workout where both your instructors and fellow participants motivate and challenge you to reach each your highest potential.

Lane Swim (13+)

Date and Time: Wednesday, March 1 1:00 pm - 2:00 pm

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Youth Volleyball (13-17 years)

Date and Time: Wednesday, March 1 2:15 pm - 4:15 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

MetCon (13+) (pre-booking required)

Date and Time: Wednesday, March 1 6:00 pm - 6:45 pm

Address: BWG Leisure Centre

This Metabolic Conditioning class is a fast paced, high intensity workout that will challenge your cardiovascular capacity, put your metabolism into overdrive and rapidly burn fat!

Yoga (13+)

Date and Time: Wednesday, March 1 7:00 pm - 7:45 pm

Address: BWG Leisure Centre

Restore balance to the body. This class incorporates breathing, postures and relaxation techniques. All levels welcome.

Adult Volleyball (18+)

Date and Time: Wednesday, March 1 7:30 pm - 9:30 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Adult Badminton (16+)**

Date and Time: Wednesday, March 1 7:30 pm - 9:30 pm

Address: BWG Leisure Centre

This program will utilize half the Gymnasium. Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Aquafit (13+) (pre-booking required)

Date and Time: Wednesday, March 1 7:45 pm - 8:30 pm

Address: BWG Leisure Centre

Low impact Aerobics class that works on cardio and muscle conditioning with both deep and shallow water options.

Thursday, March 2, 2023

Kettlebell (13+) (pre-booking required)

Date and Time: Thursday, March 2 8:15 am - 9:00 am

Address: BWG Leisure Centre

A fun way to build functional strength, increase flexibility and improve coordination. A challenging workout, guaranteed to make you sweat.

Pilates (13+)

Date and Time: Thursday, March 2 9:15 am - 10:00 am

Address: BWG Leisure Centre

This body conditioning routine will help build flexibility, strength and endurance and improve balance and coordination.

Cycle (13+) (pre-booking required)

Date and Time: Thursday, March 2 9:15 am - 10:00 am

Address: BWG Leisure Centre

This cycling class that includes aerobic and anaerobic interval training. Rides will be sure to incorporate resistance and speed training.

Parent & Tot Skate (6 y/o and Younger)

Date and Time: Thursday, March 2 9:40 am - 10:30 am

Address: BWG Leisure Centre

For children 6 years of age and younger and parents/guardians. Leisure Centre Skating aids are permitted.

Aquafit (13+) (pre-booking required)

Date and Time: Thursday, March 2 10:45 am - 11:30 am

Address: BWG Leisure Centre

Low impact Aerobics class that works on cardio and muscle conditioning with both deep and shallow water options.

Parent & Tot Gym (0-5 years)

Date and Time: Thursday, March 2 11:30 am - 1:30 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Child (0-12) - \$3.50

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Lane Swim (13+) - 4 LANES

Date and Time: Thursday, March 2 11:45 am - 12:30 pm

Address: BWG Leisure Center

4 Lap Lanes & Relax Pools Only. All other lanes restricted due to additional programming.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Lane Swim (13+)

Date and Time: Thursday, March 2 12:35 pm - 2:00 pm

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Adult Skate (18+)

Date and Time: Thursday, March 2 1:15 pm - 2:15 pm

Address: BWG Leisure Centre

Youth Basketball (13-19 years)

Date and Time: Thursday, March 2 2:15 pm - 4:30 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Children's Basketball (6-12 years)**

Date and Time: Thursday, March 2 4:45 pm - 6:45 pm

Address: BWG Leisure Centre

This program will utilize half the Gymnasium. Drop-in fees listed below. Wristbands required.

Fees:

Child (0-12) - \$3.50

Tabata (13+)

Date and Time: Thursday, March 2 6:00 pm - 6:45 pm

Address: BWG Leisure Centre

Challenge yourself through a variety of exercises, using the HIIT method (working 20 seconds, resting 10 seconds).

Zumba (13+)

Date and Time: Thursday, March 2 7:00 pm - 7:45 pm

Address: BWG Leisure Centre

Ditch the workout...Join the Party! Dance to Latin inspired music, with great people, and burn a ton of calories while having a blast!

Leisure Swim - All Ages

Date and Time: Thursday, March 2 7:15 pm - 8:30 pm

Address: BWG Leisure Center

Lap, Leisure & Relax Pool & Waterslide.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Adult Pickleball (18+)

Date and Time: Thursday, March 2 7:30 pm - 9:30 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Adult (18-59 years) - \$4.50

Senior (60+) - \$3.75

Friday, March 3, 2023

Relax Swim - All Ages

Date and Time: Friday, March 3 9:15 am - 10:45 am

Address: BWG Leisure Center

Leisure & Relax pools only. No water slide or lap pool.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

MetCon (13+) (pre-booking required)

Date and Time: Friday, March 3 9:15 am - 10:00 am

Address: BWG Leisure Centre

This Metabolic Conditioning class is a fast paced, high intensity workout that will challenge your cardiovascular capacity, put your metabolism into overdrive and rapidly burn fat!

Parent & Tot Gym (0-5 years)

Date and Time: Friday, March 3 9:30 am - 11:00 am

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Child (0-12) - \$3.50

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Stretch (13+)

Date and Time: Friday, March 3 10:15 am - 11:00 am

Address: BWG Leisure Centre

No pretzels, no warrior poses, & no downward dogs! Just come in and stretch. Your body will thank you for it!

Aquafit (13+) (pre-booking required)

Date and Time: Friday, March 3 10:45 am - 11:30 am

Address: BWG Leisure Centre

Low impact Aerobics class that works on cardio and muscle conditioning with both deep and shallow water options.

Lane Swim (13+)

Date and Time: Friday, March 3 11:35 am - 2:00 pm

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

Adult Basketball (18+)

Date and Time: Friday, March 3 12:00 pm - 1:30 pm

Address: BWG Leisure Centre

Wall will be dropped, 30 Participants. No 5on5 full court permitted. Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Youth Basketball (13-17 years)

Date and Time: Friday, March 3 2:15 pm - 4:30 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Children's Basketball (6-12 years)

Date and Time: Friday, March 3 4:45 pm - 6:45 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Exclusion Dates: Friday February 10th: 5-7PM FREE Youth Sports (Grade 7-12). Wristbands required.

Fees:

Child (0-12) - \$3.50

Public Skating (All Ages)

Date and Time: Friday, March 3 6:45 pm - 8:00 pm

Address: BWG Leisure Centre

Leisure Swim - All Ages

Date and Time: Friday, March 3 7:15 pm - 8:30 pm

Address: BWG Leisure Center

Lap, Leisure & Relax Pool & Waterslide. Pool is shared use with Leadership programs.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Saturday, March 4, 2023

Parent & Tot Shiny (6 y/o and Younger)

Date and Time: Saturday, March 4 7:15 am - 8:15 am

Address: 471 West Park Ave

For parents/guardians to teach their child (6 years & under) the basics of skating with a puck. Maximum of 1 adult to 3 children. CSA approved helmet and hockey gloves are required.

Lane Swim (13+)

Date and Time: Saturday, March 4 7:30 am - 8:00 am

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Lane Swim (13+) - 4 LANES

Date and Time: Saturday, March 4 8:00 am - 8:45 am

Address: BWG Leisure Center

4 Lap Lanes & Relax Pools Only. All other lanes restricted due to additional programming.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Bootcamp (13+)

Date and Time: Saturday, March 4 8:00 am - 8:45 am

Address: BWG Leisure Centre

This is the perfect workout where both your instructors and fellow participants motivate and challenge you to reach your highest potential.

Aquafit (13+) (pre-booking required)

Date and Time: Saturday, March 4 8:00 am - 8:45 am

Address: BWG Leisure Centre

Low impact Aerobics class that works on cardio and muscle conditioning with both deep and shallow water options.

Bollywood (13+)

Date and Time: Saturday, March 4 9:00 am - 9:45 am

Address: BWG Leisure Centre

Join in for a fun time learning Bollywood dance moves from head to toe! Bollywood dance and fitness instructor Dolly teaches a variety of Indian inspired movements that will have you moving and shaking to popular Bollywood music and provides a great total body workout that gets your heart and lungs pumping, improves balance and coordination and brings an overall sense of joy and well being. Let's dance until you glitter...Bollywood style.

Yoga (13+)

Date and Time: Saturday, March 4 10:00 am - 11:00 am

Address: BWG Leisure Centre

Restore balance to the body. This class incorporates breathing, postures and relaxation techniques. All levels welcome

Lane Swim (13+)

Date and Time: Saturday, March 4 12:00 pm - 1:15 pm

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Adult Basketball (18+)

Date and Time: Saturday, March 4 12:30 pm - 2:30 pm

Address: BWG Leisure Centre

Wall will be dropped, 30 Participants. No 5on5 full court permitted. Drop-in fees listed below. Wristbands required.

Fees:

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Leisure Swim - All Ages

Date and Time: Saturday, March 4 1:30 pm - 3:00 pm

Address: BWG Leisure Center

Lap, Leisure & Relax Pool & Waterslide. Pool is shared use with Leadership programs.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Public Skating (All Ages)

Date and Time: Saturday, March 4 2:15 pm - 3:45 pm

Address: BWG Leisure Centre

Parent & Tot Swim (0-6 years old)

Date and Time: Saturday, March 4 3:00 pm - 4:00 pm

Address: BWG Leisure Center

Leisure & Relax Pools Only. No Water Slide.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Sunday, March 5, 2023

Lane Swim (13+)

Date and Time: Sunday, March 5 7:30 am - 8:45 am

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Cycle (13+) (pre-booking required)

Date and Time: Sunday, March 5 9:00 am - 9:45 am

Address: BWG Leisure Centre

This cycling class that includes aerobic and anaerobic interval training. Rides will be sure to incorporate resistance and speed training.

Yin Yoga (13+)

Date and Time: Sunday, March 5 10:00 am - 11:00 am

Address: BWG Leisure Centre

This diverse style of yoga holds poses for a longer period of time to access the deeper connective tissues of the body.

Adult Badminton (16+)

Date and Time: Sunday, March 5 12:00 pm - 1:30 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Lane Swim (13+)

Date and Time: Sunday, March 5 12:00 pm - 1:15 pm

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Public Skating (All Ages)

Date and Time: Sunday, March 5 12:15 pm - 2:15 pm

Address: BWG Leisure Centre

Leisure Swim - All Ages

Date and Time: Sunday, March 5 1:30 pm - 3:00 pm

Address: BWG Leisure Center

Lap, Leisure & Relax Pool & Waterslide. Pool is shared use with Leadership programs.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Parent & Tot Swim (0-6 years old)

Date and Time: Sunday, March 5 3:00 pm - 4:00 pm

Address: BWG Leisure Center

Leisure & Relax Pools Only. No Water Slide.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Monday, March 6, 2023

Lane Swim (13+)

Date and Time: Monday, March 6 6:00 am - 7:30 am

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Relax Swim - All Ages

Date and Time: Monday, March 6 9:15 am - 10:45 am

Address: BWG Leisure Center

Leisure & Relax pools only. No water slide or lap pool.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Fit Bodies (13+) (pre-booking required)

Date and Time: Monday, March 6 9:15 am - 10:00 am

Address: BWG Leisure Centre

This medium/low intensity class is specifically designed for the ageing population. It focuses on joint stability, strength, balance, flexibility, coordination, agility and mobility.

Zumba (13+)

Date and Time: Monday, March 6 10:15 am - 11:00 am

Address: BWG Leisure Centre

Ditch the workout...Join the Party! Dance to Latin inspired music, with great people, and burn a ton of calories while having a blast!

Lane Swim (13+)

Date and Time: Monday, March 6 11:00 am - 2:00 pm

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Adult Pickleball** (18+)

Date and Time: Monday, March 6 11:30 am - 1:30 pm

Address: BWG Leisure Centre

This program will utilize half the Gymnasium. Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Adult Shiny (18+)

Date and Time: Monday, March 6 12:00 pm - 1:30 pm

Address: BWG Leisure Centre

Youth Basketball (13-17 years)

Date and Time: Monday, March 6 2:15 pm - 4:30 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Parent & Child Skate (8 y/o and Younger)

Date and Time: Monday, March 6 3:30 pm - 4:15 pm

Address: BWG Leisure Centre

For children 8 years of age and younger and parents/guardians. Leisure Centre Skating aids permitted.

Parent & Child Basketball (6-12 years)

Date and Time: Monday, March 6 4:45 pm - 6:45 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Child (0-12) - \$3.50

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Bootcamp (13+)

Date and Time: Monday, March 6 6:00 pm - 6:45 pm

Address: BWG Leisure Centre

This is the perfect workout where both your instructors and fellow participants motivate and challenge you to reach your highest potential.

Bollywood (13+)

Date and Time: Monday, March 6 7:00 pm - 7:45 pm

Address: BWG Leisure Centre

Join in for a fun time learning Bollywood dance moves from head to toe! Bollywood dance and fitness instructor Dolly teaches a variety of Indian inspired movements that will have you moving and shaking to popular Bollywood music and provides a great total body workout that gets your heart and lungs pumping, improves balance and coordination and brings an overall sense of joy and well being. Let's dance until you glitter...Bollywood style.

Adult Pick-Up Basketball (18+)

Date and Time: Monday, March 6 7:30 pm - 9:30 pm

Address: BWG Leisure Centre

5on5 full court, 30 participants. Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Aquafit (13+) (pre-booking required)

Date and Time: Monday, March 6 7:45 pm - 8:30 pm

Address: BWG Leisure Centre

Low impact Aerobics class that works on cardio and muscle conditioning with both deep and shallow water options.

Yoga (13+)

Date and Time: Monday, March 6 8:00 pm - 8:45 pm

Address: BWG Leisure Centre

Restore balance to the body. This class incorporates breathing, postures and relaxation techniques. All levels welcome.

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Tuesday, March 7, 2023

Lane Swim (13+)

Date and Time: Tuesday, March 7 6:00 am - 7:30 am

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Circuit (13+) (pre-booking required)

Date and Time: Tuesday, March 7 8:15 am - 9:00 am

Address: BWG Leisure Centre

You won't be bored when you do circuit training. This workout gets your heart rate up and strengthens your muscles at the same time. You'll move quickly through a variety of full cardio and resistance exercises to work different muscle groups with little to no rest between.

Stretch (13+)

Date and Time: Tuesday, March 7 9:15 am - 10:00 am

Address: BWG Leisure Centre

No pretzels, no warrior poses, & no downward dogs! Just come in and stretch. Your body will thank you for it!

Parent & Tot Gym (0-5 years)

Date and Time: Tuesday, March 7 9:30 am - 11:00 am

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Child (0-12) - \$3.50

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Parent & Tot Gym (0-5 years)

Date and Time: Tuesday, March 7 9:30 am - 11:00 am

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Child (0-12) - \$3.50

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Barre (13+) (pre-booking required)

Date and Time: Tuesday, March 7 10:15 am - 11:00 am

Address: BWG Leisure Centre

The predominantly standing workouts are driven by music which, when used appropriately, has been proven to increase coordination, motivation and improve movement quality.

Aquafit (13+) (pre-booking required)

Date and Time: Tuesday, March 7 10:45 am - 11:30 am

Address: BWG Leisure Centre

Low impact Aerobics class that works on cardio and muscle conditioning with both deep and shallow water options.

Adult Badminton (16+)

Date and Time: Tuesday, March 7 11:30 am - 1:30 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Lane Swim (13+)

Date and Time: Tuesday, March 7 11:45 am - 2:00 pm

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Youth Basketball (13-19 years)

Date and Time: Tuesday, March 7 2:15 pm - 4:30 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Parent & Tot Swim (0-6 years old)

Date and Time: Tuesday, March 7 3:30 pm - 4:15 pm

Address: BWG Leisure Center

Leisure & Relax Pools Only. No Water Slide.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Children's Badminton (6-15 years)**

Date and Time: Tuesday, March 7 4:45 pm - 6:45 pm

Address: BWG Leisure Centre

This program will utilize half the Gymnasium. Drop-in fees listed below. Wristbands required.

Fees:

Child (0-12) - \$3.50

Youth/ Student (13-24) - \$3.75

Cycle (13+) (pre-booking required)

Date and Time: Tuesday, March 7 6:00 pm - 6:45 pm

Address: BWG Leisure Centre

This cycling class that includes aerobic and anaerobic interval training. Rides will be sure to incorporate resistance and speed training.

Stretch (13+)

Date and Time: Tuesday, March 7 7:00 pm - 7:45 pm

Address: BWG Leisure Centre

No pretzels, no warrior poses, & no downward dogs! Just come in and stretch. Your body will thank you for it!

Leisure Swim - All Ages

Date and Time: Tuesday, March 7 7:15 pm - 8:30 pm

Address: BWG Leisure Center

Lap, Leisure & Relax Pool & Waterslide.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Wednesday, March 8, 2023

Adult Shiny (18+)

Date and Time: Wednesday, March 8 6:40 am - 8:00 am

Address: BWG Leisure Centre

Yoga (13+)

Date and Time: Wednesday, March 8 9:00 am - 10:00 am

Address: 471 West Park Ave

Restore balance to the body. This class incorporates breathing, postures and relaxation techniques. All levels welcome.

Relax Swim - All Ages

Date and Time: Wednesday, March 8 9:15 am - 10:45 am

Address: BWG Leisure Center

Leisure & Relax pools only. No water slide or lap pool.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Parent & Tot Gym (0-5 years)

Date and Time: Wednesday, March 8 9:30 am - 11:00 am

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Child (0-12) - \$3.50

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Zumba (13+)

Date and Time: Wednesday, March 8 10:15 am - 11:00 am

Address: BWG Leisure Centre

Ditch the workout...Join the Party! Dance to Latin inspired music, with great people, and burn a ton of calories while having a blast!

Lane Swim (13+)

Date and Time: Wednesday, March 8 11:00 am - 2:00 pm

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Adult Pickleball (18+)**

Date and Time: Wednesday, March 8 12:00 pm - 1:30 pm

Address: BWG Leisure Centre

This program will utilize half the Gymnasium. Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Bootcamp (13+)

Date and Time: Wednesday, March 8 12:15 pm - 12:45 pm

Address: BWG Leisure Centre

This is the perfect workout where both your instructors and fellow participants motivate and challenge you to reach each your highest potential.

Youth Volleyball (13-17 years)

Date and Time: Wednesday, March 8 2:15 pm - 4:15 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Parent & Child Volleyball (6-12 years)

Date and Time: Wednesday, March 8 4:45 pm - 6:45 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Child (0-12) - \$3.50

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

MetCon (13+) (pre-booking required)

Date and Time: Wednesday, March 8 6:00 pm - 6:45 pm

Address: BWG Leisure Centre

This Metabolic Conditioning class is a fast paced, high intensity workout that will challenge your cardiovascular capacity, put your metabolism into overdrive and rapidly burn fat!

Yoga (13+)

Date and Time: Wednesday, March 8 7:00 pm - 7:45 pm

Address: BWG Leisure Centre

Restore balance to the body. This class incorporates breathing, postures and relaxation techniques. All levels welcome.

Adult Volleyball (18+)

Date and Time: Wednesday, March 8 7:30 pm - 9:30 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Aquafit (13+) (pre-booking required)

Date and Time: Wednesday, March 8 7:45 pm - 8:30 pm

Address: BWG Leisure Centre

Low impact Aerobics class that works on cardio and muscle conditioning with both deep and shallow water options.

Lane Swim (13+)

Date and Time: Wednesday, March 8 8:45 pm - 10:00 pm

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Thursday, March 9, 2023

Kettlebell (13+) (pre-booking required)

Date and Time: Thursday, March 9 8:15 am - 9:00 am

Address: BWG Leisure Centre

A fun way to build functional strength, increase flexibility and improve coordination. A challenging workout, guaranteed to make you sweat.

Pilates (13+)

Date and Time: Thursday, March 9 9:15 am - 10:00 am

Address: BWG Leisure Centre

This body conditioning routine will help build flexibility, strength and endurance and improve balance and coordination.

Cycle (13+) (pre-booking required)

Date and Time: Thursday, March 9 9:15 am - 10:00 am

Address: BWG Leisure Centre

This cycling class that includes aerobic and anaerobic interval training. Rides will be sure to incorporate resistance and speed training.

Parent & Tot Skate (6 y/o and Younger)

Date and Time: Thursday, March 9 9:40 am - 10:30 am

Address: BWG Leisure Centre

For children 6 years of age and younger and parents/guardians. Leisure Centre Skating aids are permitted.

Aquafit (13+) (pre-booking required)

Date and Time: Thursday, March 9 10:45 am - 11:30 am

Address: BWG Leisure Centre

Low impact Aerobics class that works on cardio and muscle conditioning with both deep and shallow water options.

Parent & Tot Gym (0-5 years)

Date and Time: Thursday, March 9 11:30 am - 1:30 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Child (0-12) - \$3.50

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Lane Swim (13+) - 4 LANES

Date and Time: Thursday, March 9 11:45 am - 12:30 pm

Address: BWG Leisure Center

4 Lap Lanes & Relax Pools Only. All other lanes restricted due to additional programming.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Lane Swim (13+)

Date and Time: Thursday, March 9 12:35 pm - 2:00 pm

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Adult Skate (18+)

Date and Time: Thursday, March 9 1:15 pm - 2:15 pm

Address: BWG Leisure Centre

Youth Basketball (13-19 years)

Date and Time: Thursday, March 9 2:15 pm - 4:30 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Children's Basketball (6-12 years)**

Date and Time: Thursday, March 9 4:45 pm - 6:45 pm

Address: BWG Leisure Centre

This program will utilize half the Gymnasium. Drop-in fees listed below. Wristbands required.

Fees:

Child (0-12) - \$3.50

Tabata (13+)

Date and Time: Thursday, March 9 6:00 pm - 6:45 pm

Address: BWG Leisure Centre

Challenge yourself through a variety of exercises, using the HIIT method (working 20 seconds, resting 10 seconds).

Zumba (13+)

Date and Time: Thursday, March 9 7:00 pm - 7:45 pm

Address: BWG Leisure Centre

Ditch the workout...Join the Party! Dance to Latin inspired music, with great people, and burn a ton of calories while having a blast!

Leisure Swim - All Ages

Date and Time: Thursday, March 9 7:15 pm - 8:30 pm

Address: BWG Leisure Center

Lap, Leisure & Relax Pool & Waterslide.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Adult Pickleball (18+)

Date and Time: Thursday, March 9 7:30 pm - 9:30 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Adult (18-59 years) - \$4.50

Senior (60+) - \$3.75

Friday, March 10, 2023

Relax Swim - All Ages

Date and Time: Friday, March 10 9:15 am - 10:45 am

Address: BWG Leisure Center

Leisure & Relax pools only. No water slide or lap pool.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

MetCon (13+) (pre-booking required)

Date and Time: Friday, March 10 9:15 am - 10:00 am

Address: BWG Leisure Centre

This Metabolic Conditioning class is a fast paced, high intensity workout that will challenge your cardiovascular capacity, put your metabolism into overdrive and rapidly burn fat!

Parent & Tot Gym (0-5 years)

Date and Time: Friday, March 10 9:30 am - 11:00 am

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Child (0-12) - \$3.50

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Stretch (13+)

Date and Time: Friday, March 10 10:15 am - 11:00 am

Address: BWG Leisure Centre

No pretzels, no warrior poses, & no downward dogs! Just come in and stretch. Your body will thank you for it!

Aquafit (13+) (pre-booking required)

Date and Time: Friday, March 10 10:45 am - 11:30 am

Address: BWG Leisure Centre

Low impact Aerobics class that works on cardio and muscle conditioning with both deep and shallow water options.

Lane Swim (13+)

Date and Time: Friday, March 10 11:35 am - 2:00 pm

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Adult Basketball (18+)

Date and Time: Friday, March 10 12:00 pm - 1:30 pm

Address: BWG Leisure Centre

Wall will be dropped, 30 Participants. No 5on5 full court permitted. Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Youth Basketball (13-17 years)

Date and Time: Friday, March 10 2:15 pm - 4:30 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Free Youth Night (Grade 7-12)

Date and Time: Friday, March 10 5:00 pm - 7:00 pm

Address: BWG Leisure Centre

No Childrens Basketball. Free admission, wristbands required.

Public Skating (All Ages)

Date and Time: Friday, March 10 6:45 pm - 8:00 pm

Address: BWG Leisure Centre

Leisure Swim - All Ages

Date and Time: Friday, March 10 7:15 pm - 8:30 pm

Address: BWG Leisure Center

Lap, Leisure & Relax Pool & Waterslide. Pool is shared use with Leadership programs.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Family Sports

Date and Time: Friday, March 10 7:30 pm - 9:30 pm

Address: BWG Leisure Centre

Family Sports includes a child/youth accompanied by a parent/guardian to a maximum of 5 children. Drop-in fees listed below. Wristbands required.

Fees:

Child (0-12) - \$3.50

Youth/ Student (13-24) - \$3.75

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Family Sports

Date and Time: Friday, March 10 7:30 pm - 9:30 pm

Address: BWG Leisure Centre

Family Sports includes a child/youth accompanied by a parent/guardian to a maximum of 5 children. Drop-in fees listed below. Wristbands required.

Fees:

Child (0-12) - \$3.50

Youth/ Student (13-24) - \$3.75

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Saturday, March 11, 2023

Parent & Tot Shiny (6 y/o and Younger)

Date and Time: Saturday, March 11 7:15 am - 8:15 am

Address: 471 West Park Ave

For parents/guardians to teach their child (6 years & under) the basics of skating with a puck. Maximum of 1 ad

ult to 3 children. CSA approved helmet and hockey gloves are required.

Lane Swim (13+)

Date and Time: Saturday, March 11 7:30 am - 8:00 am

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Lane Swim (13+) - 4 LANES

Date and Time: Saturday, March 11 8:00 am - 8:45 am

Address: BWG Leisure Center

4 Lap Lanes & Relax Pools Only. All other lanes restricted due to additional programming.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Aquafit (13+) (pre-booking required)

Date and Time: Saturday, March 11 8:00 am - 8:45 am

Address: BWG Leisure Centre

Low impact Aerobics class that works on cardio and muscle conditioning with both deep and shallow water opt

ions.

Bootcamp (13+)

Date and Time: Saturday, March 11 8:00 am - 8:45 am

Address: BWG Leisure Centre

This is the perfect workout where both your instructors and fellow participants motivate and challenge you to reach your highest potential.

Bollywood (13+)

Date and Time: Saturday, March 11 9:00 am - 9:45 am

Address: BWG Leisure Centre

Join in for a fun time learning Bollywood dance moves from head to toe! Bollywood dance and fitness instructor Dolly teaches a variety of Indian inspired movements that will have you moving and shaking to popular Bollywood music and provides a great total body workout that gets your heart and lungs pumping, improves balance and coordination and brings an overall sense of joy and well being. Let's dance until you glitter...Bollywood style.

Yoga (13+)

Date and Time: Saturday, March 11 10:00 am - 11:00 am

Address: BWG Leisure Centre

Restore balance to the body. This class incorporates breathing, postures and relaxation techniques. All levels welcome

Parent & Tot Gym (0-5 years)**

Date and Time: Saturday, March 11 12:00 pm - 2:00 pm

Address: BWG Leisure Centre

This program will utilize half the Gymnasium. Drop-in fees listed below. Wristbands required.

Fees:

Child (0-12) - \$3.50

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Lane Swim (13+)

Date and Time: Saturday, March 11 12:00 pm - 1:15 pm

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Adult Basketball (18+)

Date and Time: Saturday, March 11 12:30 pm - 2:30 pm

Address: BWG Leisure Centre

Wall will be dropped, 30 Participants. No 5on5 full court permitted. Drop-in fees listed below. Wristbands required.

Fees:

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Leisure Swim - All Ages

Date and Time: Saturday, March 11 1:30 pm - 3:00 pm

Address: BWG Leisure Center

Lap, Leisure & Relax Pool & Waterslide. Pool is shared use with Leadership programs.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Public Skating (All Ages)

Date and Time: Saturday, March 11 2:15 pm - 3:45 pm

Address: BWG Leisure Centre

Children's Basketball (6-12 years)**

Date and Time: Saturday, March 11 2:30 pm - 4:30 pm

Address: BWG Leisure Centre

This program will utilize half the Gymnasium. Drop-in fees listed below. Wristbands required.

Fees:

Child (0-12) - \$3.50

Parent & Tot Swim (0-6 years old)

Date and Time: Saturday, March 11 3:00 pm - 4:00 pm

Address: BWG Leisure Center

Leisure & Relax Pools Only. No Water Slide.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Youth Basketball (13-19 years)

Date and Time: Saturday, March 11 5:00 pm - 7:00 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Sunday, March 12, 2023

Lane Swim (13+)

Date and Time: Sunday, March 12 7:30 am - 8:45 am

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Cycle (13+) (pre-booking required)

Date and Time: Sunday, March 12 9:00 am - 9:45 am

Address: BWG Leisure Centre

This cycling class that includes aerobic and anaerobic interval training. Rides will be sure to incorporate resista

nance and speed training.

Yin Yoga (13+)

Date and Time: Sunday, March 12 10:00 am - 11:00 am

Address: BWG Leisure Centre

This diverse style of yoga holds poses for a longer period of time to access the deeper connective tissues of the body.

Adult Pickleball (18+)**

Date and Time: Sunday, March 12 12:00 pm - 2:00 pm

Address: BWG Leisure Centre

This program will utilize half the Gymnasium. Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Adult Badminton (16+)

Date and Time: Sunday, March 12 12:00 pm - 1:30 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Lane Swim (13+)

Date and Time: Sunday, March 12 12:00 pm - 1:15 pm

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Public Skating (All Ages)

Date and Time: Sunday, March 12 12:15 pm - 2:15 pm

Address: BWG Leisure Centre

Leisure Swim - All Ages

Date and Time: Sunday, March 12 1:30 pm - 3:00 pm

Address: BWG Leisure Center

Lap, Leisure & Relax Pool & Waterslide. Pool is shared use with Leadership programs.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Parent & Child Basketball (6-12 years)**

Date and Time: Sunday, March 12 2:30 pm - 4:30 pm

Address: BWG Leisure Centre

This program will utilize half the Gymnasium. Drop-in fees listed below. Wristbands required.

Fees:

Child (0-12) - \$3.50

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Parent & Tot Swim (0-6 years old)

Date and Time: Sunday, March 12 3:00 pm - 4:00 pm

Address: BWG Leisure Center

Leisure & Relax Pools Only. No Water Slide.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Monday, March 13, 2023

Lane Swim (13+)

Date and Time: Monday, March 13 6:00 am - 7:30 am

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Parent & Tot Swim (0-6 years old)

Date and Time: Monday, March 13 9:15 am - 10:45 am

Address: BWG Leisure Center

Leisure & Relax Pools Only. No Water Slide.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Fit Bodies (13+) (pre-booking required)

Date and Time: Monday, March 13 9:15 am - 10:00 am

Address: BWG Leisure Centre

This medium/low intensity class is specifically designed for the ageing population. It focuses on joint stability, strength, balance, flexibility, coordination, agility and mobility.

Zumba (13+)

Date and Time: Monday, March 13 10:15 am - 11:00 am

Address: BWG Leisure Centre

Ditch the workout...Join the Party! Dance to Latin inspired music, with great people, and burn a ton of calories while having a blast!

Lane Swim (13+)

Date and Time: Monday, March 13 11:00 am - 1:00 pm

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Adult Pickleball (18+)**

Date and Time: Monday, March 13 12:00 pm - 2:00 pm

Address: BWG Leisure Centre

This program will utilize half the Gymnasium. Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Adult Shiny (18+)

Date and Time: Monday, March 13 12:00 pm - 1:30 pm

Address: BWG Leisure Centre

Leisure Swim - All Ages

Date and Time: Monday, March 13 2:15 pm - 4:00 pm

Address: BWG Leisure Center

Lap, Leisure & Relax Pool & Waterslide.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Parent & Child Basketball (6-12 years)**

Date and Time: Monday, March 13 2:30 pm - 4:30 pm

Address: BWG Leisure Centre

This program will utilize half the Gymnasium. Drop-in fees listed below. Wristbands required.

Fees:

Child (0-12) - \$3.50

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Parent & Child Skate (8 y/o and Younger)

Date and Time: Monday, March 13 3:30 pm - 4:15 pm

Address: BWG Leisure Centre

For children 8 years of age and younger and parents/guardians. Leisure Centre Skating aids permitted.

Youth Basketball (13-17 years)

Date and Time: Monday, March 13 5:00 pm - 7:00 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Bootcamp (13+)

Date and Time: Monday, March 13 6:00 pm - 6:45 pm

Address: BWG Leisure Centre

This is the perfect workout where both your instructors and fellow participants motivate and challenge you to reach each your highest potential.

Bollywood (13+)

Date and Time: Monday, March 13 7:00 pm - 7:45 pm

Address: BWG Leisure Centre

Join in for a fun time learning Bollywood dance moves from head to toe! Bollywood dance and fitness instructor Dolly teaches a variety of Indian inspired movements that will have you moving and shaking to popular Bollywood music and provides a great total body workout that gets your heart and lungs pumping, improves balance and coordination and brings an overall sense of joy and well being. Let's dance until you glitter...Bollywood style.

Adult Pick-Up Basketball (18+)

Date and Time: Monday, March 13 7:30 pm - 9:30 pm

Address: BWG Leisure Centre

5on5 full court, 30 participants. Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Aquafit (13+) (pre-booking required)

Date and Time: Monday, March 13 7:45 pm - 8:30 pm

Address: BWG Leisure Centre

Low impact Aerobics class that works on cardio and muscle conditioning with both deep and shallow water options.

Tuesday, March 14, 2023

Lane Swim (13+)

Date and Time: Tuesday, March 14 6:00 am - 7:30 am

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Circuit (13+) (pre-booking required)

Date and Time: Tuesday, March 14 8:15 am - 9:00 am

Address: BWG Leisure Centre

You won't be bored when you do circuit training. This workout gets your heart rate up and strengthens your muscles at the same time. You'll move quickly through a variety of full cardio and resistance exercises to work different muscle groups with little to no rest between.

Stretch (13+)

Date and Time: Tuesday, March 14 9:15 am - 10:00 am

Address: BWG Leisure Centre

No pretzels, no warrior poses, & no downward dogs! Just come in and stretch. Your body will thank you for it!

Barre (13+) (pre-booking required)

Date and Time: Tuesday, March 14 10:15 am - 11:00 am

Address: BWG Leisure Centre

The predominantly standing workouts are driven by music which, when used appropriately, has been proven to increase coordination, motivation and improve movement quality.

Aquafit (13+) (pre-booking required)

Date and Time: Tuesday, March 14 10:45 am - 11:30 am

Address: BWG Leisure Centre

Low impact Aerobics class that works on cardio and muscle conditioning with both deep and shallow water options.

Lane Swim (13+)

Date and Time: Tuesday, March 14 11:45 am - 1:00 pm

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Parent & Tot Gym (0-5 years)**

Date and Time: Tuesday, March 14 12:00 pm - 2:00 pm

Address: BWG Leisure Centre

This program will utilize half the Gymnasium. Drop-in fees listed below. Wristbands required.

Fees:

Child (0-12) - \$3.50

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Leisure Swim - All Ages

Date and Time: Tuesday, March 14 2:15 pm - 4:00 pm

Address: BWG Leisure Center

Lap, Leisure & Relax Pool & Waterslide.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Children's Badminton (6-15 years)**

Date and Time: Tuesday, March 14 2:30 pm - 4:30 pm

Address: BWG Leisure Centre

This program will utilize half the Gymnasium. Drop-in fees listed below. Wristbands required.

Fees:

Child (0-12) - \$3.50

Youth/ Student (13-24) - \$3.75

Youth Basketball (13-19 years)

Date and Time: Tuesday, March 14 5:00 pm - 7:00 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Cycle (13+) (pre-booking required)

Date and Time: Tuesday, March 14 6:00 pm - 6:45 pm

Address: BWG Leisure Centre

This cycling class that includes aerobic and anaerobic interval training. Rides will be sure to incorporate resistance and speed training.

Stretch (13+)

Date and Time: Tuesday, March 14 7:00 pm - 7:45 pm

Address: BWG Leisure Centre

No pretzels, no warrior poses, & no downward dogs! Just come in and stretch. Your body will thank you for it!

Leisure Swim - All Ages

Date and Time: Tuesday, March 14 7:15 pm - 8:30 pm

Address: BWG Leisure Center

Lap, Leisure & Relax Pool & Waterslide.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Adult Badminton (16+)**

Date and Time: Tuesday, March 14 7:30 pm - 9:30 pm

Address: BWG Leisure Centre

This program will utilize half the Gymnasium. Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Kettlebell (13+) (pre-booking required)

Date and Time: Tuesday, March 14 8:00 pm - 8:45 pm

Address: BWG Leisure Centre

A fun way to build functional strength, increase flexibility and improve coordination. A challenging workout, guaranteed to make you sweat.

Wednesday, March 15, 2023

Adult Shiny (18+)

Date and Time: Wednesday, March 15 6:40 am - 8:00 am

Address: BWG Leisure Centre

Yoga (13+)

Date and Time: Wednesday, March 15 9:00 am - 10:00 am

Address: 471 West Park Ave

Restore balance to the body. This class incorporates breathing, postures and relaxation techniques. All levels welcome.

Parent & Tot Swim (0-6 years old)

Date and Time: Wednesday, March 15 9:15 am - 10:45 am

Address: BWG Leisure Center

Leisure & Relax Pools Only. No Water Slide.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Zumba (13+)

Date and Time: Wednesday, March 15 10:15 am - 11:00 am

Address: BWG Leisure Centre

Ditch the workout...Join the Party! Dance to Latin inspired music, with great people, and burn a ton of calories while having a blast!

Lane Swim (13+)

Date and Time: Wednesday, March 15 11:00 am - 1:00 pm

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Adult Pickleball (18+)**

Date and Time: Wednesday, March 15 12:00 pm - 2:00 pm

Address: BWG Leisure Centre

This program will utilize half the Gymnasium. Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Bootcamp (13+)

Date and Time: Wednesday, March 15 12:15 pm - 12:45 pm

Address: BWG Leisure Centre

This is the perfect workout where both your instructors and fellow participants motivate and challenge you to reach each your highest potential.

Leisure Swim - All Ages

Date and Time: Wednesday, March 15 2:15 pm - 4:00 pm

Address: BWG Leisure Center

Lap, Leisure & Relax Pool & Waterslide.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Children's Basketball (6-12 years)**

Date and Time: Wednesday, March 15 2:30 pm - 4:30 pm

Address: BWG Leisure Centre

This program will utilize half the Gymnasium. Drop-in fees listed below. Wristbands required.

Fees:

Child (0-12) - \$3.50

Youth Volleyball (13-17 years)

Date and Time: Wednesday, March 15 5:00 pm - 7:00 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

MetCon (13+) (pre-booking required)

Date and Time: Wednesday, March 15 6:00 pm - 6:45 pm

Address: BWG Leisure Centre

This Metabolic Conditioning class is a fast paced, high intensity workout that will challenge your cardiovascular capacity, put your metabolism into overdrive and rapidly burn fat!

Yoga (13+)

Date and Time: Wednesday, March 15 7:00 pm - 7:45 pm

Address: BWG Leisure Centre

Restore balance to the body. This class incorporates breathing, postures and relaxation techniques. All levels welcome.

Adult Volleyball (18+)

Date and Time: Wednesday, March 15 7:30 pm - 9:30 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Aquafit (13+) (pre-booking required)

Date and Time: Wednesday, March 15 7:45 pm - 8:30 pm

Address: BWG Leisure Centre

Low impact Aerobics class that works on cardio and muscle conditioning with both deep and shallow water options.

Lane Swim (13+)

Date and Time: Wednesday, March 15 8:45 pm - 10:00 pm

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Thursday, March 16, 2023

Kettlebell (13+) (pre-booking required)

Date and Time: Thursday, March 16 8:15 am - 9:00 am

Address: BWG Leisure Centre

A fun way to build functional strength, increase flexibility and improve coordination. A challenging workout, guaranteed to make you sweat.

Pilates (13+)

Date and Time: Thursday, March 16 9:15 am - 10:00 am

Address: BWG Leisure Centre

This body conditioning routine will help build flexibility, strength and endurance and improve balance and coordination.

Cycle (13+) (pre-booking required)

Date and Time: Thursday, March 16 9:15 am - 10:00 am

Address: BWG Leisure Centre

This cycling class that includes aerobic and anaerobic interval training. Rides will be sure to incorporate resistance and speed training.

Parent & Tot Skate (6 y/o and Younger)

Date and Time: Thursday, March 16 9:40 am - 10:30 am

Address: BWG Leisure Centre

For children 6 years of age and younger and parents/guardians. Leisure Centre Skating aids are permitted.

Aquafit (13+) (pre-booking required)

Date and Time: Thursday, March 16 10:45 am - 11:30 am

Address: BWG Leisure Centre

Low impact Aerobics class that works on cardio and muscle conditioning with both deep and shallow water options.

Lane Swim (13+)

Date and Time: Thursday, March 16 11:35 am - 1:00 pm

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Parent & Tot Gym (0-5 years)**

Date and Time: Thursday, March 16 12:00 pm - 2:00 pm

Address: BWG Leisure Centre

This program will utilize half the Gymnasium. Drop-in fees listed below. Wristbands required.

Fees:

Child (0-12) - \$3.50

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Adult Skate (18+)

Date and Time: Thursday, March 16 1:15 pm - 2:15 pm

Address: BWG Leisure Centre

Leisure Swim - All Ages

Date and Time: Thursday, March 16 2:15 pm - 4:00 pm

Address: BWG Leisure Center

Lap, Leisure & Relax Pool & Waterslide.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Parent & Child Basketball (6-12 years)**

Date and Time: Thursday, March 16 2:30 pm - 4:30 pm

Address: BWG Leisure Centre

This program will utilize half the Gymnasium. Drop-in fees listed below. Wristbands required.

Fees:

Child (0-12) - \$3.50

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Youth Basketball (13-19 years)

Date and Time: Thursday, March 16 5:00 pm - 7:00 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Tabata (13+)

Date and Time: Thursday, March 16 6:00 pm - 6:45 pm

Address: BWG Leisure Centre

Challenge yourself through a variety of exercises, using the HIIT method (working 20 seconds, resting 10 seconds).

Zumba (13+)

Date and Time: Thursday, March 16 7:00 pm - 7:45 pm

Address: BWG Leisure Centre

Ditch the workout...Join the Party! Dance to Latin inspired music, with great people, and burn a ton of calories while having a blast!

Leisure Swim - All Ages

Date and Time: Thursday, March 16 7:15 pm - 8:30 pm

Address: BWG Leisure Center

Lap, Leisure & Relax Pool & Waterslide.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Adult Pickleball (18+)

Date and Time: Thursday, March 16 7:30 pm - 9:30 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Adult (18-59 years) - \$4.50

Senior (60+) - \$3.75

Friday, March 17, 2023

Parent & Tot Swim (0-6 years old)

Date and Time: Friday, March 17 9:15 am - 10:45 am

Address: BWG Leisure Center

Leisure & Relax Pools Only. No Water Slide.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

MetCon (13+) (pre-booking required)

Date and Time: Friday, March 17 9:15 am - 10:00 am

Address: BWG Leisure Centre

This Metabolic Conditioning class is a fast paced, high intensity workout that will challenge your cardiovascular capacity, put your metabolism into overdrive and rapidly burn fat!

Stretch (13+)

Date and Time: Friday, March 17 10:15 am - 11:00 am

Address: BWG Leisure Centre

No pretzels, no warrior poses, & no downward dogs! Just come in and stretch. Your body will thank you for it!

Aquafit (13+) (pre-booking required)

Date and Time: Friday, March 17 10:45 am - 11:30 am

Address: BWG Leisure Centre

Low impact Aerobics class that works on cardio and muscle conditioning with both deep and shallow water options.

Lane Swim (13+)

Date and Time: Friday, March 17 11:35 am - 1:00 pm

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Adult Basketball (18+)**

Date and Time: Friday, March 17 12:00 pm - 2:00 pm

Address: BWG Leisure Centre

The wall will be up during this program, no full court 5 on 5 during this session. This program will utilize half the Gymnasium. Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Leisure Swim - All Ages

Date and Time: Friday, March 17 2:15 pm - 4:00 pm

Address: BWG Leisure Center

Lap, Leisure & Relax Pool & Waterslide.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Children's Basketball (6-12 years)**

Date and Time: Friday, March 17 2:30 pm - 4:30 pm

Address: BWG Leisure Centre

This program will utilize half the Gymnasium. Drop-in fees listed below. Wristbands required.

Fees:

Child (0-12) - \$3.50

Youth Basketball (13-19 years)

Date and Time: Friday, March 17 5:00 pm - 7:00 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Public Skating (All Ages)

Date and Time: Friday, March 17 6:45 pm - 8:00 pm

Address: BWG Leisure Centre

Leisure Swim - All Ages

Date and Time: Friday, March 17 7:15 pm - 8:30 pm

Address: BWG Leisure Center

Lap, Leisure & Relax Pool & Waterslide. Pool is shared use with Leadership programs.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Family Sports

Date and Time: Friday, March 17 7:30 pm - 9:30 pm

Address: BWG Leisure Centre

Family Sports includes a child/youth accompanied by a parent/guardian to a maximum of 5 children. Drop-in fees listed below. Wristbands required.

Fees:

Child (0-12) - \$3.50

Youth/ Student (13-24) - \$3.75

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Saturday, March 18, 2023

Parent & Tot Shinny (6 y/o and Younger)

Date and Time: Saturday, March 18 7:15 am - 8:15 am

Address: 471 West Park Ave

For parents/guardians to teach their child (6 years & under) the basics of skating with a puck. Maximum of 1 ad

ult to 3 children. CSA approved helmet and hockey gloves are required.

Lane Swim (13+)

Date and Time: Saturday, March 18 7:30 am - 8:00 am

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Lane Swim (13+) - 4 LANES

Date and Time: Saturday, March 18 8:00 am - 8:45 am

Address: BWG Leisure Center

4 Lap Lanes & Relax Pools Only. All other lanes restricted due to additional programming.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Aquafit (13+) (pre-booking required)

Date and Time: Saturday, March 18 8:00 am - 8:45 am

Address: BWG Leisure Centre

Low impact Aerobics class that works on cardio and muscle conditioning with both deep and shallow water opt

ions.

Bootcamp (13+)

Date and Time: Saturday, March 18 8:00 am - 8:45 am

Address: BWG Leisure Centre

This is the perfect workout where both your instructors and fellow participants motivate and challenge you to reach your highest potential.

Bollywood (13+)

Date and Time: Saturday, March 18 9:00 am - 9:45 am

Address: BWG Leisure Centre

Join in for a fun time learning Bollywood dance moves from head to toe! Bollywood dance and fitness instructor Dolly teaches a variety of Indian inspired movements that will have you moving and shaking to popular Bollywood music and provides a great total body workout that gets your heart and lungs pumping, improves balance and coordination and brings an overall sense of joy and well being. Let's dance until you glitter...Bollywood style.

Yoga (13+)

Date and Time: Saturday, March 18 10:00 am - 11:00 am

Address: BWG Leisure Centre

Restore balance to the body. This class incorporates breathing, postures and relaxation techniques. All levels welcome

Lane Swim (13+)

Date and Time: Saturday, March 18 12:00 pm - 1:15 pm

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Adult Basketball (18+)

Date and Time: Saturday, March 18 12:30 pm - 2:30 pm

Address: BWG Leisure Centre

Wall will be dropped, 30 Participants. No 5on5 full court permitted. Drop-in fees listed below. Wristbands required.

Fees:

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Leisure Swim - All Ages

Date and Time: Saturday, March 18 1:30 pm - 3:00 pm

Address: BWG Leisure Center

Lap, Leisure & Relax Pool & Waterslide. Pool is shared use with Leadership programs.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Public Skating (All Ages)

Date and Time: Saturday, March 18 2:15 pm - 3:45 pm

Address: BWG Leisure Centre

Parent & Tot Swim (0-6 years old)

Date and Time: Saturday, March 18 3:00 pm - 4:00 pm

Address: BWG Leisure Center

Leisure & Relax Pools Only. No Water Slide.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Sunday, March 19, 2023

Lane Swim (13+)

Date and Time: Sunday, March 19 7:30 am - 8:45 am

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Cycle (13+) (pre-booking required)

Date and Time: Sunday, March 19 9:00 am - 9:45 am

Address: BWG Leisure Centre

This cycling class that includes aerobic and anaerobic interval training. Rides will be sure to incorporate resistance and speed training.

Yin Yoga (13+)

Date and Time: Sunday, March 19 10:00 am - 11:00 am

Address: BWG Leisure Centre

This diverse style of yoga holds poses for a longer period of time to access the deeper connective tissues of the body.

Adult Badminton (16+)

Date and Time: Sunday, March 19 12:00 pm - 1:30 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Lane Swim (13+)

Date and Time: Sunday, March 19 12:00 pm - 1:15 pm

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Public Skating (All Ages)

Date and Time: Sunday, March 19 12:15 pm - 2:15 pm

Address: BWG Leisure Centre

Leisure Swim - All Ages

Date and Time: Sunday, March 19 1:30 pm - 3:00 pm

Address: BWG Leisure Center

Lap, Leisure & Relax Pool & Waterslide. Pool is shared use with Leadership programs.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Parent & Tot Swim (0-6 years old)

Date and Time: Sunday, March 19 3:00 pm - 4:00 pm

Address: BWG Leisure Center

Leisure & Relax Pools Only. No Water Slide.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Monday, March 20, 2023

Lane Swim (13+)

Date and Time: Monday, March 20 6:00 am - 7:30 am

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Relax Swim - All Ages

Date and Time: Monday, March 20 9:15 am - 10:45 am

Address: BWG Leisure Center

Leisure & Relax pools only. No water slide or lap pool.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Fit Bodies (13+) (pre-booking required)

Date and Time: Monday, March 20 9:15 am - 10:00 am

Address: BWG Leisure Centre

This medium/low intensity class is specifically designed for the ageing population. It focuses on joint stability, strength, balance, flexibility, coordination, agility and mobility.

Zumba (13+)

Date and Time: Monday, March 20 10:15 am - 11:00 am

Address: BWG Leisure Centre

Ditch the workout...Join the Party! Dance to Latin inspired music, with great people, and burn a ton of calories while having a blast!

Lane Swim (13+)

Date and Time: Monday, March 20 11:00 am - 2:00 pm

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Adult Pickleball (18+)**

Date and Time: Monday, March 20 11:30 am - 1:30 pm

Address: BWG Leisure Centre

This program will utilize half the Gymnasium. Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Adult Shiny (18+)

Date and Time: Monday, March 20 12:00 pm - 1:30 pm

Address: BWG Leisure Centre

Youth Basketball (13-17 years)

Date and Time: Monday, March 20 2:15 pm - 4:30 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Parent & Child Skate (8 y/o and Younger)

Date and Time: Monday, March 20 3:30 pm - 4:15 pm

Address: BWG Leisure Centre

For children 8 years of age and younger and parents/guardians. Leisure Centre Skating aids permitted.

Parent & Child Basketball (6-12 years)

Date and Time: Monday, March 20 4:45 pm - 6:45 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Child (0-12) - \$3.50

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Bootcamp (13+)

Date and Time: Monday, March 20 6:00 pm - 6:45 pm

Address: BWG Leisure Centre

This is the perfect workout where both your instructors and fellow participants motivate and challenge you to reach each your highest potential.

Bollywood (13+)

Date and Time: Monday, March 20 7:00 pm - 7:45 pm

Address: BWG Leisure Centre

Join in for a fun time learning Bollywood dance moves from head to toe! Bollywood dance and fitness instructor Dolly teaches a variety of Indian inspired movements that will have you moving and shaking to popular Bollywood music and provides a great total body workout that gets your heart and lungs pumping, improves balance and coordination and brings an overall sense of joy and well being. Let's dance until you glitter...Bollywood style.

Adult Pick-Up Basketball (18+)

Date and Time: Monday, March 20 7:30 pm - 9:30 pm

Address: BWG Leisure Centre

5on5 full court, 30 participants. Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Aquafit (13+) (pre-booking required)

Date and Time: Monday, March 20 7:45 pm - 8:30 pm

Address: BWG Leisure Centre

Low impact Aerobics class that works on cardio and muscle conditioning with both deep and shallow water options.

Yoga (13+)

Date and Time: Monday, March 20 8:00 pm - 8:45 pm

Address: BWG Leisure Centre

Restore balance to the body. This class incorporates breathing, postures and relaxation techniques. All levels welcome.

Tuesday, March 21, 2023

Lane Swim (13+)

Date and Time: Tuesday, March 21 6:00 am - 7:30 am

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Circuit (13+) (pre-booking required)

Date and Time: Tuesday, March 21 8:15 am - 9:00 am

Address: BWG Leisure Centre

You won't be bored when you do circuit training. This workout gets your heart rate up and strengthens your muscles at the same time. You'll move quickly through a variety of full cardio and resistance exercises to work different muscle groups with little to no rest between.

Stretch (13+)

Date and Time: Tuesday, March 21 9:15 am - 10:00 am

Address: BWG Leisure Centre

No pretzels, no warrior poses, & no downward dogs! Just come in and stretch. Your body will thank you for it!

Parent & Tot Gym (0-5 years)

Date and Time: Tuesday, March 21 9:30 am - 11:00 am

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Child (0-12) - \$3.50

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Barre (13+) (pre-booking required)

Date and Time: Tuesday, March 21 10:15 am - 11:00 am

Address: BWG Leisure Centre

The predominantly standing workouts are driven by music which, when used appropriately, has been proven to increase coordination, motivation and improve movement quality.

Aquafit (13+) (pre-booking required)

Date and Time: Tuesday, March 21 10:45 am - 11:30 am

Address: BWG Leisure Centre

Low impact Aerobics class that works on cardio and muscle conditioning with both deep and shallow water options.

Adult Badminton (16+)

Date and Time: Tuesday, March 21 11:30 am - 1:30 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Lane Swim (13+)

Date and Time: Tuesday, March 21 11:45 am - 2:00 pm

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Youth Basketball (13-19 years)

Date and Time: Tuesday, March 21 2:15 pm - 4:30 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Parent & Tot Swim (0-6 years old)

Date and Time: Tuesday, March 21 3:30 pm - 4:15 pm

Address: BWG Leisure Center

Leisure & Relax Pools Only. No Water Slide.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Children's Badminton (6-15 years)**

Date and Time: Tuesday, March 21 4:45 pm - 6:45 pm

Address: BWG Leisure Centre

This program will utilize half the Gymnasium. Drop-in fees listed below. Wristbands required.

Fees:

Child (0-12) - \$3.50

Youth/ Student (13-24) - \$3.75

Cycle (13+) (pre-booking required)

Date and Time: Tuesday, March 21 6:00 pm - 6:45 pm

Address: BWG Leisure Centre

This cycling class that includes aerobic and anaerobic interval training. Rides will be sure to incorporate resistance and speed training.

Stretch (13+)

Date and Time: Tuesday, March 21 7:00 pm - 7:45 pm

Address: BWG Leisure Centre

No pretzels, no warrior poses, & no downward dogs! Just come in and stretch. Your body will thank you for it!

Leisure Swim - All Ages

Date and Time: Tuesday, March 21 7:15 pm - 8:30 pm

Address: BWG Leisure Center

Lap, Leisure & Relax Pool & Waterslide.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Adult Badminton (16+)**

Date and Time: Tuesday, March 21 7:30 pm - 9:30 pm

Address: BWG Leisure Centre

This program will utilize half the Gymnasium. Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Wednesday, March 22, 2023

Adult Shiny (18+)

Date and Time: Wednesday, March 22 6:40 am - 8:00 am

Address: BWG Leisure Centre

Yoga (13+)

Date and Time: Wednesday, March 22 9:00 am - 10:00 am

Address: 471 West Park Ave

Restore balance to the body. This class incorporates breathing, postures and relaxation techniques. All levels welcome.

Relax Swim - All Ages

Date and Time: Wednesday, March 22 9:15 am - 10:45 am

Address: BWG Leisure Center

Leisure & Relax pools only. No water slide or lap pool.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Parent & Tot Gym (0-5 years)

Date and Time: Wednesday, March 22 9:30 am - 11:00 am

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Child (0-12) - \$3.50

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Zumba (13+)

Date and Time: Wednesday, March 22 10:15 am - 11:00 am

Address: BWG Leisure Centre

Ditch the workout...Join the Party! Dance to Latin inspired music, with great people, and burn a ton of calories while having a blast!

Lane Swim (13+)

Date and Time: Wednesday, March 22 11:00 am - 2:00 pm

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Adult Pickleball (18+)**

Date and Time: Wednesday, March 22 12:00 pm - 1:30 pm

Address: BWG Leisure Centre

This program will utilize half the Gymnasium. Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Bootcamp (13+)

Date and Time: Wednesday, March 22 12:15 pm - 12:45 pm

Address: BWG Leisure Centre

This is the perfect workout where both your instructors and fellow participants motivate and challenge you to reach each your highest potential.

Youth Volleyball (13-17 years)

Date and Time: Wednesday, March 22 2:15 pm - 4:15 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Parent & Child Volleyball (6-12 years)

Date and Time: Wednesday, March 22 4:45 pm - 6:45 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Child (0-12) - \$3.50

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

MetCon (13+) (pre-booking required)

Date and Time: Wednesday, March 22 6:00 pm - 6:45 pm

Address: BWG Leisure Centre

This Metabolic Conditioning class is a fast paced, high intensity workout that will challenge your cardiovascular capacity, put your metabolism into overdrive and rapidly burn fat!

Yoga (13+)

Date and Time: Wednesday, March 22 7:00 pm - 7:45 pm

Address: BWG Leisure Centre

Restore balance to the body. This class incorporates breathing, postures and relaxation techniques. All levels welcome.

Adult Volleyball (18+)

Date and Time: Wednesday, March 22 7:30 pm - 9:30 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Aquafit (13+) (pre-booking required)

Date and Time: Wednesday, March 22 7:45 pm - 8:30 pm

Address: BWG Leisure Centre

Low impact Aerobics class that works on cardio and muscle conditioning with both deep and shallow water options.

Lane Swim (13+)

Date and Time: Wednesday, March 22 8:45 pm - 10:00 pm

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Thursday, March 23, 2023

Kettlebell (13+) (pre-booking required)

Date and Time: Thursday, March 23 8:15 am - 9:00 am

Address: BWG Leisure Centre

A fun way to build functional strength, increase flexibility and improve coordination. A challenging workout, guaranteed to make you sweat.

Pilates (13+)

Date and Time: Thursday, March 23 9:15 am - 10:00 am

Address: BWG Leisure Centre

This body conditioning routine will help build flexibility, strength and endurance and improve balance and coordination.

Cycle (13+) (pre-booking required)

Date and Time: Thursday, March 23 9:15 am - 10:00 am

Address: BWG Leisure Centre

This cycling class that includes aerobic and anaerobic interval training. Rides will be sure to incorporate resistance and speed training.

Parent & Tot Skate (6 y/o and Younger)

Date and Time: Thursday, March 23 9:40 am - 10:30 am

Address: BWG Leisure Centre

For children 6 years of age and younger and parents/guardians. Leisure Centre Skating aids are permitted.

Aquafit (13+) (pre-booking required)

Date and Time: Thursday, March 23 10:45 am - 11:30 am

Address: BWG Leisure Centre

Low impact Aerobics class that works on cardio and muscle conditioning with both deep and shallow water options.

Lane Swim (13+) - 4 LANES

Date and Time: Thursday, March 23 11:45 am - 12:30 pm

Address: BWG Leisure Center

4 Lap Lanes & Relax Pools Only. All other lanes restricted due to additional programming.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Epilepsy Awareness Month / Purple Day Flag Raising Ceremony

Date and Time: Thursday, March 23 12:00 pm - 12:30 pm

Address: Court House Courtyard 57 Holland St. E

Epilepsy Awareness Month / Purple Day are celebrated in March / March 26th annually to increase understanding, reduce stigma and improve the quality of life for people with Epilepsy throughout the country and globally. On March 26th annually, people in countries around the world are invited to wear purple and host events in support of epilepsy awareness. Last year, people in more than 85 countries on all continents participated in Purple Day! Canada is the only country in the world that officially recognizes March 26th as Purple Day through the Purple Day Act implemented on June 28, 2012.

Lane Swim (13+)

Date and Time: Thursday, March 23 12:35 pm - 2:00 pm

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Adult Skate (18+)

Date and Time: Thursday, March 23 1:15 pm - 2:15 pm

Address: BWG Leisure Centre

Children's Basketball (6-12 years)**

Date and Time: Thursday, March 23 4:45 pm - 6:45 pm

Address: BWG Leisure Centre

This program will utilize half the Gymnasium. Drop-in fees listed below. Wristbands required.

Fees:

Child (0-12) - \$3.50

Tabata (13+)

Date and Time: Thursday, March 23 6:00 pm - 6:45 pm

Address: BWG Leisure Centre

Challenge yourself through a variety of exercises, using the HIIT method (working 20 seconds, resting 10 seconds).

Zumba (13+)

Date and Time: Thursday, March 23 7:00 pm - 7:45 pm

Address: BWG Leisure Centre

Ditch the workout...Join the Party! Dance to Latin inspired music, with great people, and burn a ton of calories while having a blast!

Leisure Swim - All Ages

Date and Time: Thursday, March 23 7:15 pm - 8:30 pm

Address: BWG Leisure Center

Lap, Leisure & Relax Pool & Waterslide.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Adult Pickleball (18+)

Date and Time: Thursday, March 23 7:30 pm - 9:30 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Adult (18-59 years) - \$4.50

Senior (60+) - \$3.75

Lane Swim (13+)

Date and Time: Thursday, March 23 8:45 pm - 10:00 pm

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Friday, March 24, 2023

Relax Swim - All Ages

Date and Time: Friday, March 24 9:15 am - 10:45 am

Address: BWG Leisure Center

Leisure & Relax pools only. No water slide or lap pool.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

MetCon (13+) (pre-booking required)

Date and Time: Friday, March 24 9:15 am - 10:00 am

Address: BWG Leisure Centre

This Metabolic Conditioning class is a fast paced, high intensity workout that will challenge your cardiovascular capacity, put your metabolism into overdrive and rapidly burn fat!

Parent & Tot Gym (0-5 years)

Date and Time: Friday, March 24 9:30 am - 11:00 am

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Child (0-12) - \$3.50

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Stretch (13+)

Date and Time: Friday, March 24 10:15 am - 11:00 am

Address: BWG Leisure Centre

No pretzels, no warrior poses, & no downward dogs! Just come in and stretch. Your body will thank you for it!

Aquafit (13+) (pre-booking required)

Date and Time: Friday, March 24 10:45 am - 11:30 am

Address: BWG Leisure Centre

Low impact Aerobics class that works on cardio and muscle conditioning with both deep and shallow water options.

Lane Swim (13+)

Date and Time: Friday, March 24 11:35 am - 2:00 pm

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Adult Basketball (18+)

Date and Time: Friday, March 24 12:00 pm - 1:30 pm

Address: BWG Leisure Centre

Wall will be dropped, 30 Participants. No 5on5 full court permitted. Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Youth Basketball (13-17 years)

Date and Time: Friday, March 24 2:15 pm - 4:30 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Children's Basketball (6-12 years)

Date and Time: Friday, March 24 4:45 pm - 6:45 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Exclusion Dates: Friday February 10th: 5-7PM FREE Youth Sports (Grade 7-12). Wristbands required.

Fees:

Child (0-12) - \$3.50

Public Skating (All Ages)

Date and Time: Friday, March 24 6:45 pm - 8:00 pm

Address: BWG Leisure Centre

Leisure Swim - All Ages

Date and Time: Friday, March 24 7:15 pm - 8:30 pm

Address: BWG Leisure Center

Lap, Leisure & Relax Pool & Waterslide. Pool is shared use with Leadership programs.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Family Sports

Date and Time: Friday, March 24 7:30 pm - 9:30 pm

Address: BWG Leisure Centre

Family Sports includes a child/youth accompanied by a parent/guardian to a maximum of 5 children. Drop-in fees listed below. Wristbands required.

Fees:

Child (0-12) - \$3.50

Youth/ Student (13-24) - \$3.75

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Saturday, March 25, 2023

Parent & Tot Shiny (6 y/o and Younger)

Date and Time: Saturday, March 25 7:15 am - 8:15 am

Address: 471 West Park Ave

For parents/guardians to teach their child (6 years & under) the basics of skating with a puck. Maximum of 1 adult to 3 children. CSA approved helmet and hockey gloves are required.

Lane Swim (13+)

Date and Time: Saturday, March 25 7:30 am - 8:00 am

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Lane Swim (13+) - 4 LANES

Date and Time: Saturday, March 25 8:00 am - 8:45 am

Address: BWG Leisure Center

4 Lap Lanes & Relax Pools Only. All other lanes restricted due to additional programming.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Aquafit (13+) (pre-booking required)

Date and Time: Saturday, March 25 8:00 am - 8:45 am

Address: BWG Leisure Centre

Low impact Aerobics class that works on cardio and muscle conditioning with both deep and shallow water options.

Bootcamp (13+)

Date and Time: Saturday, March 25 8:00 am - 8:45 am

Address: BWG Leisure Centre

This is the perfect workout where both your instructors and fellow participants motivate and challenge you to reach your highest potential.

Bollywood (13+)

Date and Time: Saturday, March 25 9:00 am - 9:45 am

Address: BWG Leisure Centre

Join in for a fun time learning Bollywood dance moves from head to toe! Bollywood dance and fitness instructor Dolly teaches a variety of Indian inspired movements that will have you moving and shaking to popular Bollywood music and provides a great total body workout that gets your heart and lungs pumping, improves balance and coordination and brings an overall sense of joy and well being. Let's dance until you glitter...Bollywood style.

Yoga (13+)

Date and Time: Saturday, March 25 10:00 am - 11:00 am

Address: BWG Leisure Centre

Restore balance to the body. This class incorporates breathing, postures and relaxation techniques. All levels welcome

Ward 3 Community Access Networking Meeting

Date and Time: Saturday, March 25 10:00 am - 11:30 am

Address: Fire Station 1, 77 Melbourne Drive

Calling all Ward 3 Residents!

Join Mayor Leduc, Deputy Mayor Sandhu, and Councillor Verkaik for our March Community Access Networking (CAN) event.

Learn about what's happening in your ward.
Learn more about Town services.

Ask questions, share ideas, and more!

Saturday, March 25 | 10:00 - 11:30 am
Fire Station 1 | 77 Melbourne Drive

To learn more about CAN meetings or to view the meeting schedule, visit: www.townofbwg.com/CAN

Adult Basketball (18+)

Date and Time: Saturday, March 25 12:30 pm - 2:30 pm

Address: BWG Leisure Centre

Wall will be dropped, 30 Participants. No 5on5 full court permitted. Drop-in fees listed below. Wristbands required.

Fees:

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Leisure Swim - All Ages

Date and Time: Saturday, March 25 1:30 pm - 3:00 pm

Address: BWG Leisure Center

Lap, Leisure & Relax Pool & Waterslide. Pool is shared use with Leadership programs.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Public Skating (All Ages)

Date and Time: Saturday, March 25 2:15 pm - 3:45 pm

Address: BWG Leisure Centre

Parent & Tot Swim (0-6 years old)

Date and Time: Saturday, March 25 3:00 pm - 4:00 pm

Address: BWG Leisure Center

Leisure & Relax Pools Only. No Water Slide.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Sunday, March 26, 2023

Lane Swim (13+)

Date and Time: Sunday, March 26 7:30 am - 8:45 am

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Cycle (13+) (pre-booking required)

Date and Time: Sunday, March 26 9:00 am - 9:45 am

Address: BWG Leisure Centre

This cycling class that includes aerobic and anaerobic interval training. Rides will be sure to incorporate resistance and speed training.

Yin Yoga (13+)

Date and Time: Sunday, March 26 10:00 am - 11:00 am

Address: BWG Leisure Centre

This diverse style of yoga holds poses for a longer period of time to access the deeper connective tissues of the body.

Adult Badminton (16+)

Date and Time: Sunday, March 26 12:00 pm - 1:30 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Lane Swim (13+)

Date and Time: Sunday, March 26 12:00 pm - 1:15 pm

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Public Skating (All Ages)

Date and Time: Sunday, March 26 12:15 pm - 2:15 pm

Address: BWG Leisure Centre

Leisure Swim - All Ages

Date and Time: Sunday, March 26 1:30 pm - 3:00 pm

Address: BWG Leisure Center

Lap, Leisure & Relax Pool & Waterslide. Pool is shared use with Leadership programs.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Parent & Tot Swim (0-6 years old)

Date and Time: Sunday, March 26 3:00 pm - 4:00 pm

Address: BWG Leisure Center

Leisure & Relax Pools Only. No Water Slide.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Monday, March 27, 2023

Lane Swim (13+)

Date and Time: Monday, March 27 6:00 am - 7:30 am

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Relax Swim - All Ages

Date and Time: Monday, March 27 9:15 am - 10:45 am

Address: BWG Leisure Center

Leisure & Relax pools only. No water slide or lap pool.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Fit Bodies (13+) (pre-booking required)

Date and Time: Monday, March 27 9:15 am - 10:00 am

Address: BWG Leisure Centre

This medium/low intensity class is specifically designed for the ageing population. It focuses on joint stability, strength, balance, flexibility, coordination, agility and mobility.

Zumba (13+)

Date and Time: Monday, March 27 10:15 am - 11:00 am

Address: BWG Leisure Centre

Ditch the workout...Join the Party! Dance to Latin inspired music, with great people, and burn a ton of calories while having a blast!

Lane Swim (13+)

Date and Time: Monday, March 27 11:00 am - 2:00 pm

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

Adult Pickleball (18+)**

Date and Time: Monday, March 27 11:30 am - 1:30 pm

Address: BWG Leisure Centre

This program will utilize half the Gymnasium. Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Adult Shiny (18+)

Date and Time: Monday, March 27 12:00 pm - 1:30 pm

Address: BWG Leisure Centre

Youth Basketball (13-17 years)

Date and Time: Monday, March 27 2:15 pm - 4:30 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Parent & Child Skate (8 y/o and Younger)

Date and Time: Monday, March 27 3:30 pm - 4:15 pm

Address: BWG Leisure Centre

For children 8 years of age and younger and parents/guardians. Leisure Centre Skating aids permitted.

Parent & Child Basketball (6-12 years)

Date and Time: Monday, March 27 4:45 pm - 6:45 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Child (0-12) - \$3.50

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Bootcamp (13+)

Date and Time: Monday, March 27 6:00 pm - 6:45 pm

Address: BWG Leisure Centre

This is the perfect workout where both your instructors and fellow participants motivate and challenge you to reach each your highest potential.

Bollywood (13+)

Date and Time: Monday, March 27 7:00 pm - 7:45 pm

Address: BWG Leisure Centre

Join in for a fun time learning Bollywood dance moves from head to toe! Bollywood dance and fitness instructor Dolly teaches a variety of Indian inspired movements that will have you moving and shaking to popular Bollywood music and provides a great total body workout that gets your heart and lungs pumping, improves balance and coordination and brings an overall sense of joy and well being. Let's dance until you glitter...Bollywood style.

Adult Pick-Up Basketball (18+)

Date and Time: Monday, March 27 7:30 pm - 9:30 pm

Address: BWG Leisure Centre

5on5 full court, 30 participants. Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Aquafit (13+) (pre-booking required)

Date and Time: Monday, March 27 7:45 pm - 8:30 pm

Address: BWG Leisure Centre

Low impact Aerobics class that works on cardio and muscle conditioning with both deep and shallow water options.

Yoga (13+)

Date and Time: Monday, March 27 8:00 pm - 8:45 pm

Address: BWG Leisure Centre

Restore balance to the body. This class incorporates breathing, postures and relaxation techniques. All levels welcome.

Tuesday, March 28, 2023

Lane Swim (13+)

Date and Time: Tuesday, March 28 6:00 am - 7:30 am

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Circuit (13+) (pre-booking required)

Date and Time: Tuesday, March 28 8:15 am - 9:00 am

Address: BWG Leisure Centre

You won't be bored when you do circuit training. This workout gets your heart rate up and strengthens your muscles at the same time. You'll move quickly through a variety of full cardio and resistance exercises to work different muscle groups with little to no rest between.

Stretch (13+)

Date and Time: Tuesday, March 28 9:15 am - 10:00 am

Address: BWG Leisure Centre

No pretzels, no warrior poses, & no downward dogs! Just come in and stretch. Your body will thank you for it!

Barre (13+) (pre-booking required)

Date and Time: Tuesday, March 28 10:15 am - 11:00 am

Address: BWG Leisure Centre

The predominantly standing workouts are driven by music which, when used appropriately, has been proven to increase coordination, motivation and improve movement quality.

Aquafit (13+) (pre-booking required)

Date and Time: Tuesday, March 28 10:45 am - 11:30 am

Address: BWG Leisure Centre

Low impact Aerobics class that works on cardio and muscle conditioning with both deep and shallow water options.

Parent & Tot Gym (0-5 years)

Date and Time: Tuesday, March 28 11:30 am - 1:30 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Child (0-12) - \$3.50

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Lane Swim (13+)

Date and Time: Tuesday, March 28 11:45 am - 2:00 pm

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Youth Basketball (13-19 years)

Date and Time: Tuesday, March 28 2:15 pm - 4:30 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Parent & Tot Swim (0-6 years old)

Date and Time: Tuesday, March 28 3:30 pm - 4:15 pm

Address: BWG Leisure Center

Leisure & Relax Pools Only. No Water Slide.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Children's Badminton (6-15 years)**

Date and Time: Tuesday, March 28 4:45 pm - 6:45 pm

Address: BWG Leisure Centre

This program will utilize half the Gymnasium. Drop-in fees listed below. Wristbands required.

Fees:

Child (0-12) - \$3.50

Youth/ Student (13-24) - \$3.75

Cycle (13+) (pre-booking required)

Date and Time: Tuesday, March 28 6:00 pm - 6:45 pm

Address: BWG Leisure Centre

This cycling class that includes aerobic and anaerobic interval training. Rides will be sure to incorporate resistance and speed training.

Stretch (13+)

Date and Time: Tuesday, March 28 7:00 pm - 7:45 pm

Address: BWG Leisure Centre

No pretzels, no warrior poses, & no downward dogs! Just come in and stretch. Your body will thank you for it!

Leisure Swim - All Ages

Date and Time: Tuesday, March 28 7:15 pm - 8:30 pm

Address: BWG Leisure Center

Lap, Leisure & Relax Pool & Waterslide.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Adult Badminton (16+)**

Date and Time: Tuesday, March 28 7:30 pm - 9:30 pm

Address: BWG Leisure Centre

This program will utilize half the Gymnasium. Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Kettlebell (13+) (pre-booking required)

Date and Time: Tuesday, March 28 8:00 pm - 8:45 pm

Address: BWG Leisure Centre

A fun way to build functional strength, increase flexibility and improve coordination. A challenging workout, guaranteed to make you sweat.

Wednesday, March 29, 2023

Adult Shiny (18+)

Date and Time: Wednesday, March 29 6:40 am - 8:00 am

Address: BWG Leisure Centre

Yoga (13+)

Date and Time: Wednesday, March 29 9:00 am - 10:00 am

Address: 471 West Park Ave

Restore balance to the body. This class incorporates breathing, postures and relaxation techniques. All levels welcome.

Relax Swim - All Ages

Date and Time: Wednesday, March 29 9:15 am - 10:45 am

Address: BWG Leisure Center

Leisure & Relax pools only. No water slide or lap pool.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Parent & Tot Gym (0-5 years)

Date and Time: Wednesday, March 29 9:30 am - 11:00 am

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Child (0-12) - \$3.50

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Zumba (13+)

Date and Time: Wednesday, March 29 10:15 am - 11:00 am

Address: BWG Leisure Centre

Ditch the workout...Join the Party! Dance to Latin inspired music, with great people, and burn a ton of calories while having a blast!

Lane Swim (13+)

Date and Time: Wednesday, March 29 11:00 am - 2:00 pm

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Adult Pickleball (18+)**

Date and Time: Wednesday, March 29 12:00 pm - 1:30 pm

Address: BWG Leisure Centre

This program will utilize half the Gymnasium. Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Bootcamp (13+)

Date and Time: Wednesday, March 29 12:15 pm - 12:45 pm

Address: BWG Leisure Centre

This is the perfect workout where both your instructors and fellow participants motivate and challenge you to reach each your highest potential.

Youth Volleyball (13-17 years)

Date and Time: Wednesday, March 29 2:15 pm - 4:15 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Parent & Child Volleyball (6-12 years)

Date and Time: Wednesday, March 29 4:45 pm - 6:45 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Child (0-12) - \$3.50

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

MetCon (13+) (pre-booking required)

Date and Time: Wednesday, March 29 6:00 pm - 6:45 pm

Address: BWG Leisure Centre

This Metabolic Conditioning class is a fast paced, high intensity workout that will challenge your cardiovascular capacity, put your metabolism into overdrive and rapidly burn fat!

Yoga (13+)

Date and Time: Wednesday, March 29 7:00 pm - 7:45 pm

Address: BWG Leisure Centre

Restore balance to the body. This class incorporates breathing, postures and relaxation techniques. All levels welcome.

Adult Volleyball (18+)

Date and Time: Wednesday, March 29 7:30 pm - 9:30 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Aquafit (13+) (pre-booking required)

Date and Time: Wednesday, March 29 7:45 pm - 8:30 pm

Address: BWG Leisure Centre

Low impact Aerobics class that works on cardio and muscle conditioning with both deep and shallow water options.

Lane Swim (13+)

Date and Time: Wednesday, March 29 8:45 pm - 10:00 pm

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Thursday, March 30, 2023

Kettlebell (13+) (pre-booking required)

Date and Time: Thursday, March 30 8:15 am - 9:00 am

Address: BWG Leisure Centre

A fun way to build functional strength, increase flexibility and improve coordination. A challenging workout, guaranteed to make you sweat.

Pilates (13+)

Date and Time: Thursday, March 30 9:15 am - 10:00 am

Address: BWG Leisure Centre

This body conditioning routine will help build flexibility, strength and endurance and improve balance and coordination.

Cycle (13+) (pre-booking required)

Date and Time: Thursday, March 30 9:15 am - 10:00 am

Address: BWG Leisure Centre

This cycling class that includes aerobic and anaerobic interval training. Rides will be sure to incorporate resistance and speed training.

Parent & Tot Skate (6 y/o and Younger)

Date and Time: Thursday, March 30 9:40 am - 10:30 am

Address: BWG Leisure Centre

For children 6 years of age and younger and parents/guardians. Leisure Centre Skating aids are permitted.

Aquafit (13+) (pre-booking required)

Date and Time: Thursday, March 30 10:45 am - 11:30 am

Address: BWG Leisure Centre

Low impact Aerobics class that works on cardio and muscle conditioning with both deep and shallow water options.

Parent & Tot Gym (0-5 years)

Date and Time: Thursday, March 30 11:30 am - 1:30 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Child (0-12) - \$3.50

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Lane Swim (13+) - 4 LANES

Date and Time: Thursday, March 30 11:45 am - 12:30 pm

Address: BWG Leisure Center

4 Lap Lanes & Relax Pools Only. All other lanes restricted due to additional programming.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Lane Swim (13+)

Date and Time: Thursday, March 30 12:35 pm - 2:00 pm

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Adult Skate (18+)

Date and Time: Thursday, March 30 1:15 pm - 2:15 pm

Address: BWG Leisure Centre

Youth Basketball (13-19 years)

Date and Time: Thursday, March 30 2:15 pm - 4:30 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Children's Basketball (6-12 years)**

Date and Time: Thursday, March 30 4:45 pm - 6:45 pm

Address: BWG Leisure Centre

This program will utilize half the Gymnasium. Drop-in fees listed below. Wristbands required.

Fees:

Child (0-12) - \$3.50

Tabata (13+)

Date and Time: Thursday, March 30 6:00 pm - 6:45 pm

Address: BWG Leisure Centre

Challenge yourself through a variety of exercises, using the HIIT method (working 20 seconds, resting 10 seconds).

Zumba (13+)

Date and Time: Thursday, March 30 7:00 pm - 7:45 pm

Address: BWG Leisure Centre

Ditch the workout...Join the Party! Dance to Latin inspired music, with great people, and burn a ton of calories while having a blast!

Leisure Swim - All Ages

Date and Time: Thursday, March 30 7:15 pm - 8:30 pm

Address: BWG Leisure Center

Lap, Leisure & Relax Pool & Waterslide.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Adult Pickleball (18+)

Date and Time: Thursday, March 30 7:30 pm - 9:30 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Adult (18-59 years) - \$4.50

Senior (60+) - \$3.75

Friday, March 31, 2023

Relax Swim - All Ages

Date and Time: Friday, March 31 9:15 am - 10:45 am

Address: BWG Leisure Center

Leisure & Relax pools only. No water slide or lap pool.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

MetCon (13+) (pre-booking required)

Date and Time: Friday, March 31 9:15 am - 10:00 am

Address: BWG Leisure Centre

This Metabolic Conditioning class is a fast paced, high intensity workout that will challenge your cardiovascular capacity, put your metabolism into overdrive and rapidly burn fat!

Parent & Tot Gym (0-5 years)

Date and Time: Friday, March 31 9:30 am - 11:00 am

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Child (0-12) - \$3.50

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Stretch (13+)

Date and Time: Friday, March 31 10:15 am - 11:00 am

Address: BWG Leisure Centre

No pretzels, no warrior poses, & no downward dogs! Just come in and stretch. Your body will thank you for it!

Aquafit (13+) (pre-booking required)

Date and Time: Friday, March 31 10:45 am - 11:30 am

Address: BWG Leisure Centre

Low impact Aerobics class that works on cardio and muscle conditioning with both deep and shallow water options.

Lane Swim (13+)

Date and Time: Friday, March 31 11:35 am - 2:00 pm

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Adult Basketball (18+)

Date and Time: Friday, March 31 12:00 pm - 1:30 pm

Address: BWG Leisure Centre

Wall will be dropped, 30 Participants. No 5on5 full court permitted. Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

Youth Basketball (13-17 years)

Date and Time: Friday, March 31 2:15 pm - 4:30 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

Fees:

Youth/ Student (13-24) - \$3.75

Children's Basketball (6-12 years)

Date and Time: Friday, March 31 4:45 pm - 6:45 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Exclusion Dates: Friday February 10th: 5-7PM FREE Youth Sports (Grade 7-12). Wristbands required.

Fees:

Child (0-12) - \$3.50

Public Skating (All Ages)

Date and Time: Friday, March 31 6:30 pm - 8:00 pm

Address: BWG Leisure Centre

Public Skating (All Ages)

Date and Time: Friday, March 31 6:45 pm - 8:00 pm

Address: BWG Leisure Centre

Leisure Swim - All Ages

Date and Time: Friday, March 31 7:15 pm - 8:30 pm

Address: BWG Leisure Center

Lap, Leisure & Relax Pool & Waterslide. Pool is shared use with Leadership programs.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$3.75

Youth/ Student (13-24) - \$4.25

Adult - (18-59) - \$5.00

Senior (60+) - \$4.25

Household (Up to 5 People) - \$10.00

Fees are subject to change without notice. All monthly membership prices +HST

BWG Admission Policy: www.townofbwg.com/admissionpolicy

Family Sports

Date and Time: Friday, March 31 7:30 pm - 9:30 pm

Address: BWG Leisure Centre

Family Sports includes a child/youth accompanied by a parent/gaurdian to a maximum of 5 children. Drop-in fees listed below. Wristbands required.

Fees:

Child (0-12) - \$3.50

Youth/ Student (13-24) - \$3.75

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

<https://calendar.townofbwg.com>